

INTISARI

TINGKAT PENGETAHUAN IBU USIA 45 TAHUN TENTANG MENOPAUSE DI DESA TLOGOADI, KECAMATAN MLATI, KABUPATEN SLEMAN, YOGYAKARTA.¹

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Latar Belakang : Badan Pusat Statistik (BPS) memproyeksikan pada tahun 2008 5.320.000 wanita Indonesia memasuki masa menopause per tahunnya. Sementara setiap tahunnya, sekitar 25 juta wanita di seluruh dunia mengalami menopause. Menopause merupakan fase alamiah yang akan dialami oleh setiap wanita sedangkan penerimaannya berbeda-beda maka alangkah baiknya apabila gejala-gejala menopause diketahui secara jelas oleh setiap wanita sebelum mereka memasuki masa menopause, sehingga diharapkan wanita tersebut mengerti apa yang sedang terjadi didalam diri mereka.

Tujuan Penelitian : Untuk mengetahui tingkat pengetahuan ibu usia 45 tahun tentang menopause di Desa Tlogoadi, Kecamatan Mlati, Kabupaten Sleman, Yogyakarta.

Metode Penelitian : Jenis penelitian deskriptif dengan pendekatan *cross-sectional*. Sampel diambil dengan teknik *total sampling* yaitu seluruh ibu berusia 45 yang berjumlah 110 orang. Instrumen penelitian adalah kuesioner. Uji validitas dengan korelasi *Product Moment*, uji reliabilitas dengan *Spearman Brown*. Variabel penelitian adalah variabel bebas. Analisis data dengan distribusi frekuensi relatif atau prosentase.

Hasil Penelitian : Tingkat pengetahuan ibu usia 45 tahun di Desa Tlogoadi tentang pengertian, tahapan dan kelainan jadwal gejala dan kelainan serta keluhan perubahan tubuh menjelang menopause mayoritas cukup (55,5%). Tingkat pengetahuan tentang cara penatalaksanaan, perawatan dan pencegahan menopause menopause sebagian besar kurang (49,1%). Secara keseluruhan tingkat tentang menopause mayoritas cukup (60%).

Kesimpulan : Tingkat pengetahuan ibu berusia 45 tahun tentang menopause di Desa Tlogoadi, Kecamatan Mlati, Kabupaten Sleman, Yogyakarta mayoritas cukup.

Kata Kunci : Pengetahuan tentang Menopause.

Kepustakaan : 16 buku (2000-2010), 7 internet, 3 KTI.

Jumlah halaman : xiii, 42 halaman, 6 tabel, 13 lampiran, 3 gambar

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ABSTRACT

KNOWLEDGE LEVEL 45 YEAR OLD MOTHER OF MENOPAUSE IN VILLAGE TLOGOADI SUB MLATI SLEMAN DISTRICT YOGYAKARTA⁵

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Background: Central Bureau of Statistics (BPS) in 2008 projected that 5.32 million Indonesian women enter menopause each year. While each year, about 25 million women around the world through the menopause. Menopause is a natural phase that will be experienced by every woman and the acceptance of different then it would be nice if menopausal symptoms are clearly known by every woman before they entered menopause, so expect the woman to understand what is going on inside themselves.

Objective: To determine the level of maternal knowledge about the menopausal age of 45 years in the village of Tlogoadi, Mlati District, Sleman District, Yogyakarta.

Method: The study was descriptive with cross-sectional. Samples were taken with a total sampling technique that is all women aged 45 who totaled 110 people. The research instrument was a questionnaire. Test the validity of the Product Moment correlation, with Spearman Brown reliability test. Research variables are independent variables. Analysis of data with relative frequency or percentage distribution.

Results: The level of knowledge of mothers aged 45 years in the village of Tlogoadi of understanding, the stages and schedule disorder symptoms and disorders and complaints body changes just before menopause majority (55.5%). The level of knowledge about how the management, treatment and prevention of postmenopausal menopause mostly less (49.1%). The overall rate of about menopause sufficient majority (60%).

Conclusion: The 45-year-old mother's knowledge about menopause in the village of Tlogoadi, Mlati District, Sleman District, Yogyakarta majority sufficient.

Keywords: Knowledge about the Menopause

Bibliography: 16 books (2000-2010), 7 the internet, 3 of Eastern Indonesia.
Number of pages: xiii, 42 pages, 6 tables, 13 appendix, 3 images

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